



COVID-19 and Trauma Informed Care Collective Trauma 101 Training Tool Kit

Segment 2: Collective Trauma 101 – Strategies for Coping

YouTube link: <https://www.youtube.com/watch?v=Bajic8ZAdI8>

Video length: 27:55

Panel participants on video:

- Jennifer Smith, Program Coordinator for the Center for Community Health Advancement at the Marshfield Clinic Health System – Facilitator
- Samia Khan, Therapist at Whole Hearted Wellness
- Tracy Loken Weber, Lived Experience Partner with the Office of Children's Mental Health
- Scott Webb, Trauma-Informed Care Coordinator for the Wisconsin Department of Health Services

After watching the Collective Trauma 101 – Strategies for Coping video, discuss the following questions with the group you viewed the training with. If you viewed the training individually, consider these questions.

Discussion questions

1. How have the changes due to COVID-19 impacted you?
2. How are you coping with the changes COVID-19 has brought about?
3. What connects you to other people? How have your feelings about being social changed?
4. What does/will your "new normal" look like? How can you shape that?
5. What is your plan for when you don't feel like yourself?

Resources (check and add to)

- Office of Children's Mental Health – Feelings Thermometer – <https://children.wi.gov/Pages/FeelingsThermometer.aspx>
- Resilient Wisconsin – Department of Health Services – <https://www.dhs.wisconsin.gov/resilient/index.htm>
- Child Abuse & Neglect Prevention Board COVID-19 Resources – <https://preventionboard.wi.gov/Pages/OurWork/COVIDresources.aspx>
- Wisconsin Department of Health Services COVID-19 – <https://www.dhs.wisconsin.gov/covid-19/index.htm>